

Welcome to Ellicott City 50+ Center



**9401 Frederick Road
Ellicott City, MD 21042**

Front Desk

410-313-1400

Fitness Center

410-313-0727

Hours

Monday - Friday

8:30 am - 4:30 pm

Center Email

ellicottcity50@howardcountymd.gov

Newsletters Online

[www.howardcountymd.gov
/ellicottcity50](http://www.howardcountymd.gov/ellicottcity50)

Volunteer Website

www.hocovolunteer.org

Facebook

www.facebook.com/HoCoCommunity

On-Line Resource Guide

[http://bluetoad.com/publication
?i=276149](http://bluetoad.com/publication/?i=276149)

**Get Our Newsletter
Electronically**

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Distribution List.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance.

September-October 2016

September Showcase

September 12 & 13

(All Showcase classes held in the 50+ Fitness Center)

If you've always wanted to try a specific exercise class but have been hesitant because you aren't familiar with the format, join us for the September Showcase. The Showcase will give you a special line-up of classes over two days. Drop-in fees for those days (only) will be waived as we showcase the variety of class offerings at Ellicott City 50+. Invite friends who might be interested to come and try a class without commitment. Check fliers for class times, lace up your sneakers and come join in the fitness fun!



Center Council Book Sale

Wednesday, October 5 &

Thursday, October 6

9 am-3 pm

Friday, October 7

9 am-12 noon

The Ellicott City 50+ Center Council will once again sponsor their annual Book Sale. You are invited to stop in, browse through the tables and grab some fantastic book bargains. Do you have books to donate? Feel free to drop them off at the Center Monday, October 3 and Tuesday, October 4 from 8:30 am-4 pm. Gently used books, puzzles, games and DVD's accepted. All proceeds benefit programming at the Center.

Try Something New

It's great to try new things and the Center is full of exciting, new classes this fall. To help you get a taste of what we have in store, short demonstrations have been scheduled.

Ukulele Demo

Friday September 9 - 12:15

Friday September 23 - Noon

English Country

Dance Demo

Friday September 23 - 12:30

The Daring Way Workshop

Friday September 30 - 11 am

Get a sneak peek of these great programs and then sign up for the full class. No advance sign-up is necessary.

General Information

Meet the Center Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Admin/Registrar	Jodi Bargamian
Admin/Registrar	Dayle Rudel
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Nutrition Specialist	Amy Williams
Fitness Center Staff	Sam Stahly
Plus Program Director	Felicia Stein
Plus Assistant Director	Joyce Nagel-Mortell
Plus Program Asst	Margaret Fries

Meet the Center Council

President	Nancy Cudmore
Vice President	Marian O'Byrne
Secretary	Dorothy Biller
Treasurer	Gary Pon
Members at Large	Leo Bianco
	Marie Dodge
	Darlene Grund
	Anne Kaiser
	Susan Malmgren
	Carol Sutton
Member Emeritus	Velva Howard

Thanks to our Donors

Our Center Council calls upon local merchants throughout the year to donate to our Center. Below is a list of the businesses or organizations who provided a donation to the Center Council's Summer Basket of Cheer. Please support the businesses who have helped support us!

- ♦ China Taste
- ♦ Einstein Brothers
- ♦ Jason's Wine & Spirits
- ♦ Ledo's Pizza
- ♦ Safeway
- ♦ Sea King
- ♦ Shannon's Pub & Grille
- ♦ Target
- ♦ Trader Joe's
- ♦ Urban BBQ

**Next Council meetings are
September 12 & October 17 at 1pm
All are welcome.**

Ellicott City 50+ Center Council Notes

The Center Council has had a busy fundraising summer! The big Summer Basket of Cheer was won by Catherine Mellin and the White Elephant Sale was held at the end of August.

Thanks to the support of our members, both events were tremendously successful.



The next fundraising project is the upcoming Book Sale which will be held October 5-7. Donations will be accepted Monday, October 3 and Tuesday, October 4. Gently used books, puzzles and DVD's are greatly appreciated.

All fundraising proceeds support programming at the Center, so your donation is always appreciated!

General Information

Senior Center Plus Program

Monday-Friday

10 am-2 pm

The Senior Center Plus program is co-located in the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well-being, self-reliance, socialization and independence of older adults who may require some assistance with daily activities.

The program features memory enhancement activities, arts & crafts, educational programs, entertainment, recreational opportunities, a daily lunch, exercise and more. This is a fee for service program for eligible individuals. For more information, please call **410-313-1425**.

Coffee Service

Monday-Friday

9 am-1 pm

The Center offers coffee service in the Great Room every morning. A donation box is provided and all contributions are greatly appreciated.

Transportation Options

One mode of transportation to the Center is through Regional Transit/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** and select option 3 for "mobility and RTA Ride service". Visit the RTA website at www.transitRTA.com.

Thanks for your Understanding



The Ellicott City 50+ Center became home to the Disaster Assistance Center to help in the recovery from the Main Street flood. Thank you for understanding that some Center programs were cancelled so that we could serve others!

Lunch Program

Monday-Friday

12 Noon

The monthly lunch menu is available at the front desk. To join us for lunch, please sign up at least **3 days in advance** in the lunch book located at the front desk. This provides us with the number of meals to order. Please call **410-313-1400** to cancel your lunch reservation if you are not coming.

Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are

requested from eligible participants. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.



Please Note

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Services and Programs

Medicare: Protect Yourself Protect Your Card

**Tuesday, September 27
9 am-12 noon**

A State Health Insurance Program counselor will be at the Center to provide information and offer free card lamination. No appointment necessary.

Medicare Open Enrollment

Appointments at Ellicott City 50+ Center

Friday, October 21

Friday, October 28

Friday, November 18

Friday, December 2

9 am-2 pm

Review the 2017 plans to make sure you are in the one that is right for you. Open enrollment begins October 15 and ends December 7. To get an appointment, call **410-313-7392**.

State Health Insurance Assistance Program (SHIP) Appointments

Wednesday 9 am or 10:30 am

Thursday 1 pm or 2:30 pm

Meet with a trained volunteer for confidential assistance with health insurance concerns.

This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.

Maryland Access Point (MAP)

Friday

September 9 & October 14

10 am-12 noon

Jill Kamenetz, MAP Specialist, is available at the Center, by appointment, on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging and Independence programs.

Make an appointment by calling MAP at **410-313-5980**.

Blue Plate Specials

September 9—Royal Farms Chicken

October 19—The Chicken Scoop

Exciting things are happening in our kitchen! Once a month we offer a special lunch menu called the Blue Plate Special. Check the menu for the exact selection as it changes month to month. It may be a pay-in-advance meal or lunch by donation (prices will vary). Either way, reservations are required one week in advance. Come for the food, stay for the friends! Lunch is always served at noon.



Blood Pressure Screenings

Tuesdays

9 am-12 noon

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. *Sponsored by Howard County General Hospital.*

Picture This

Tuesday, September 27

Tuesday, October 25

Between 11 am-1 pm

30 minute appointments

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone but haven't figured out how to take pictures with it? Sign up at the Front Desk for a free 30



minute appointment for help with your digital SLR camera or your smart phone. Bring whatever picture taking device you have with you to the appointment. Learn to take better photos in a "flash"!

Services and Programs

Howard County Police Department

Thursday, September 8

Wednesday, October 12

11:30 am

Pfc. Andre Lingham, Senior Citizen Liaison, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.

Basics of Bleeding Control

Friday, October 7

2-3 pm

Held in the 50+ Fitness Center

Hemorrhage (severe bleeding) remains the single biggest cause of preventable death among trauma patients. Simple hemorrhage control techniques can effectively slow blood loss and save lives. Join the Howard County Fire and Rescue Department for this free, non-certification class. To hold your spot, please call the Center at **410-313-1400**.

MOVIE OF THE MONTH

Movies are held in the 50+ Fitness Center

The Jungle Book

Wednesday, September 28 at 1 pm

After a threat from the tiger Shere Khan forces him to flee the jungle, Mowgli, the man-cub embarks on a journey of self discovery with the help of a panther, Bagheera and a free spirited bear, Baloo. Rated PG, 106 minutes.



Nosferatu

Thursday, October 27 at 1 pm

Vampire Count Orlok expresses interest in a new residence and real estate agent Hutter's wife. This is the first on-screen adaptation of Bram Stoker's Dracula. Unrated, 1 hour 21 minutes.

Easy Technology Navigation

Thursdays

10-11:30 am

9/1	Navigating your System
9/8	Navigating the Internet
9/15	Navigating your E-mail
9/22	Creating a Document
9/29	Downloading Apps
10/6	Facebook
10/13	Navigating your E-mail
10/20	Computer Maintenance
10/27	Music and More

Learn to navigate computers, the internet, email, Facebook and more. This free basic instructional class is designed for those who are familiar with their computer. Computers are not provided so bring your own portable device with you and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

B Games

Mondays

10:30-11:30 am

Drop in for an hour of some entertaining game action! Engage in team-play for Brainbusters to see if your trivia knowledge reigns supreme, try your hand at Wii Bowling or create words from a jumbled grid. A guaranteed hour of fun & friends. FREE!

Boggle	Oct 3 (Closed Sept 5)
Brainbusters	Sept 12 (Closed Oct 10)
Bowling	Sept 19 & Oct 17
Bunches Pick	Sept 26 & Oct 24

Ask the Pharmacist

Mondays

September 26 & October 24

11 am

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information about your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

September/October Events

Billy Finch Comedy Show
Musical Comedy
Legends Show, Live
Friday, September 9
1 pm



This fabulous show highlights the personalities and singing voices of Frank Sinatra, Dean Martin, Louie Armstrong, Ray Charles, Elvis and more. This musical comedy incorporates a wide range of characters that have been wowing audiences for over three decades. Billy has performed on TV, in Las Vegas, Wolf Trap, the Kennedy Center and has also performed for three Presidents at the White House. Billy was the winner of the RCA Rodney Dangerfield look alike/sound alike contest. He shares the stage with the lovely and talented Minerva, who is the perfect foil along with his numerous characters.

Low Down Throw Down
Tuesday, September 13
12:30 pm

Calling all trivia buffs and keepers of extraordinary information! Join us for a Jeopardy-style game that will twist your mind and challenge your brain. The Throw Down will be played in small teams that will be randomly selected prior to play. Prizes will be awarded to the winners of each category. Sign up at the front desk by Friday, September 9.

Genealogy
Wednesday, September 14
Wednesday, October 12
10 am

Held in the 50+ Fitness Center
September 14 / Black Sheep

Looking for the shady characters in your own family tree? Whether they were bootleggers or brothel owners, black sheep are some of the most interesting ancestors you'll ever trace. We will look at *10 Things to Know* which will help you figure out where to turn to herd your own family's black sheep.

October 12 / City Directories

One of the best sources for research of your family is City Directories. If you are lucky enough to have ancestors who lived in a densely populated area, there is a good chance that there are city directories that can yield a multitude of information about them.

Olde Golde Music
Thursday, September 15
12:30 pm

Spend an afternoon listening to the sounds of singer, Larry & keyboard player, Jim as they perform songs of the past. This unique duo specializes in oldies but goodies and fabulous Broadway tunes!

Bob Lucido Presents
Tuesday, September 20
1-3 pm

4 Steps to get your home sold quickly for top dollar GUARANTEED.

The Bob Lucido Team of Keller Williams will be here to discuss real estate options. Come meet the Silver Group, a unique division dedicated to providing specialty services to address the challenges associated with a senior move.

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

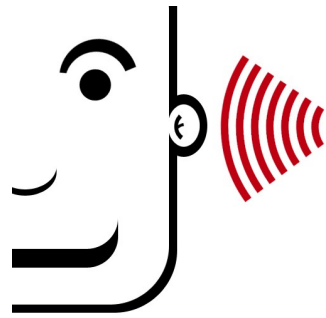
September/October Events

Free Hearing Screening with Clarity Audiology & Hearing Solutions, LLC

**Tuesday, September 20
9 am-12 pm**

Sign up for your free hearing screening with Dr. Mary Carson. Dr. Carson will do a free 15 minute hearing evaluation.

Causes and signs of hearing loss include:



Family history, diabetes, heart & thyroid problems, loud sound exposure, frequent repetition, "What did you say?", muffled sounds or TV on high volume. It's a smart move to get screened early and often!

Bingo & Pizza Day

**Friday, September 23
Friday, October 28**

10:30 am - Cost: \$4 Bingo & \$5 Pizza

Join us for an exciting morning of Bingo followed by some great eats! Bingo's grand prize is generously provided by our friends at **Heartlands Senior Living**. You can take part in either activity but if you plan to stay for lunch, please sign up and pay in advance at least one week prior.

Fall Prevention Screening

**Thursday, September 29
10 am-12 pm**

Each year 2.5 million older people are treated in emergency rooms with fall injuries. Come in and check out how good your balance is with a physical therapist by performing some simple balance tests. They can work with you to create a tailored program to address your fall risk by improving strength, flexibility, balance and safe mobility using assistive devices or gait training.

Two for the Show Wednesday, September 28 12:30 pm

Stop by the Center to hear these fabulous performers, Paula and Tom. This duo is not to be missed. Their musical talent will provide you with an afternoon of great entertainment.

The Daring Way Workshop

**Friday, September 30
11 am-12 pm**

Join us for an introduction to this personal enrichment program that explores vulnerability, courage, shame and worthiness. This workshop is based on the research of Brené Brown, PhD, LMSW and will be led by Kat Middleton. Learn to show up, be seen and live brave.

Recycle/Repurpose

**Thursday, October 13
1 pm**

Is the daily mail taking over your counter space? Join us as we create a home mail organization system that will have your counter clutter free of paper. Sonal Adamson, owner of Clutter-Free 4life, Professional Organizer specializing in clutter management, will be here to discuss how to handle daily postal mail and demonstrate how to create a mail organization system. Get control of your mail today!

****Door prize:** Attendees will be automatically entered to win a \$50 gift certificate for de-cluttering services.

Thirst "N" Howl Productions

**Wednesday, October 19
12:30 pm**

It's my Party, 1950's, 60's & 70's classic songs. Stop in and join Deb & Ellis for a fun show!

Social Security Chorus

**Thursday, October 27
12:30 pm**

This lively group of office entertainers will knock your socks off! Their musical talent is out of this world so don't miss this one!

Classes, Clubs & Comments

Living Meditation Class

Held in the 50+ Fitness Center

Have you ever thought you can't calm your mind enough for meditation? Then this fun and stimulating class is for you! Discover pathways into your own inner peace. Leave with new skills, understanding, and a stronger personal foundation for the challenges of life. This is a seated class led by Betty Caldwell, author and private healer.

Tuesday

September 6 - September 27 11 am
4 classes for \$28 (A02428.101)

English Country Dance

If you can walk, you can dance. Try your hand at this historic style of dance, English Country Dance. It's that elegant dancing you've seen in Jane Austen movies which dates back from the 1650's. Wear comfortable clothing and shoes. Instructor, Sharon McKinley.

Friday

October 7 - 28 2 pm
4 classes for \$36 (A02430.101)

Beyond Beginners Line Dancing

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way with Mary McCormick!

Thursday

September 8 - December 8 3:30 pm
13 classes for \$96 (A02418.101)
(No class: 11/24)

Ukulele Experience

Come and join the fun and excitement as Ray Forton presents this unique workshop introducing students to the Ukulele. Ukuleles provided! Space is limited. Beginners, casual and professional players are all welcome to sign up for this special workshop!

Friday, October 14

October 14 1 pm
\$10 (A02705.100)

Calligraphy

Calligraphy, means "beautiful writing". In this class you will learn lettering called **italics**. Using a felt-tip calligraphy pen, students will learn a fun and old fashioned way to form your ABC's to make greeting cards, write messages and more. (\$3 supply fee, due to instructor on the first day of class.) Jackie Shiffer, Instructor.

Wednesday

October 5 - 26 10 am-12 pm
4 classes for \$30 (A02504.100)

Beginners Line Dancing

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Class welcomes both men and women and is taught by Ellen Laupus.

Monday

September 12 - December 12 2:30 pm
11 classes for \$82 (A02426.101)
(No class: 10/10, 10/31, 12/5)

Wednesday

September 7 - December 7 2:30 pm
13 classes for \$96 (A02426.102)
(No class: 11/23)

Sign-Up & Payment For Programs & Classes

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. Membership is free, but a registration packet must be filled out completely. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. At a minimum, all refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Classes, Clubs & Comments

Book Club

Wednesday, September 28 at 1 pm.

The group will discuss *"Dead Wake: The Last Crossing of the Lusitania"* by Erik Larsen.

Wednesday, October 26 at 1 pm.

The group will discuss *"Letters to the Lost"* by Iona Grey.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Queen Hatshepsut, Pharaoh of Egypt

September 19-26

Mondays 1-3 pm, \$22

Instructor: Bill McGowan

The Big Sky Fiction

September 20-November 15, every other week

Tuesdays 1-3 pm, \$79

Instructor: George Clack

The Camera in the Hands of the Artist

September 22-October 20

Thursdays 1-3 pm, \$79

Instructor: Ann Wiker

Road to the White House: The 2016

Presidential Election

October 4-November 1

Tuesdays 9:30-11:30 am, \$64

Instructor: Patrick Heline

Major Supreme Court Cases: The Decisions and Their Consequences

October 5-October 26

Wednesdays 1-3 pm, \$59

Instructor: Arthur Laupus

Gather Ye Rosebuds: Poetry and the Passage of Time

October 28-December 2

Fridays 1-3 pm, \$75

Instructor: George Clack

**All registration is done through the college,
and online at www.howardcc.edu.** For
Continuing Education Class information, call the
College at **443-518-1000**.

Greeting Card Design Class

Friday, September 16

1-3 pm

Cost \$7.50 plus supply fee

Beginners and advanced paper crafters alike
will enjoy creating handmade greeting cards.
A \$3.00 supply fee is due to the instructor on
the first day of class. Diane Messick,
Instructor.

The Daring Way

A transformative personal
enrichment workshop
exploring the topics of
vulnerability, courage, shame
and worthiness. This 4-week
class, led by Kat Middleton, is
based on the research of
Brené Brown, PhD, LMSW.
Space is limited.



Friday

October 7 - 28

4 classes for \$43

10 am-12 pm

(A02900.100)

Mission: Nutrition!

Thursday, September 22-Power Foods

Thursday, October 27-Eating Out Healthy

10:30-11:30 am

Held in the 50+ Fitness Center

Stay on top of your nutrition. Join us on the
dates listed above to get an in depth look at
the most current topics from our registered
dietitian.

Piano or Vocal Lessons with Diane

By Appointment:

\$30 per half hour session

Looking to improve your pitch or play a tune
on the ivories? Private piano and voice
lessons are offered at the Center. The
student is responsible for purchasing music
books and materials. Please direct all
questions to the instructor, Diane Waslick at
410-978-9974.

50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged to your account.

WORK OUT WITH US—WE'RE NOW OPEN ON TUESDAY NIGHTS!

Lobby Hours:

Monday, Tuesday & Wednesday
8:30 am-8 pm

Thursday & Friday
8:30 am-4:30 pm

410-313-0727

Go50+ Fitness Package
\$75/year County Resident
\$100/year Non-Resident
\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks. It provides more locations for your 50+ work-out. It includes unlimited use of the fitness equipment rooms Ellicott City 50+ Fitness Center, Roger Carter, North Laurel or Gary J. Arthur at Glenwood Community Centers.

Group Exercise
Quarterly Passes
\$125 for 3 Month Pass
\$5/class Drop-In Fee

This package allows you to take part in any of the 16 classes on the weekly pass schedule and as often as you would like. Participants should be able to get up and down off the floor to benefit from these classes.



Our Go50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Enjoy any of these package benefits;

- ◆ **Go50+** = Member of a Howard County 50+ Center.
- ◆ **Go50+ Fitness** = Use of Fitness Rooms at Ellicott City 50+ Fitness Center, North Laurel, Roger Carter or Gary J. Arthur at Glenwood Community Centers.
- ◆ **Go50+ Pool** = All benefits of the Go50+ Fitness Program plus pool access at Roger Carter Community Center during open swim hours. (\$175 per year for residents, \$225 per year for non-residents)
- ◆ **Group Exercise Quarterly Pass** = Available only at Ellicott City 50+ Fitness Center.

**Ellicott City
50+ Fitness Ctr**
9411 Frederick Rd
Ellicott City 21042
8:30am-7:30pm
Mon-Wed
8:30am-4pm
Thur-Fri

**Gary J. Arthur
Community Ctr**
2400 Rte 97
Cooksville 21723
7am-9pm
Mon-Sat
9am-6pm
Sun

**North Laurel
Community Ctr**
9411 Whiskey
Bottom Rd
Laurel 20723
8am-9pm
Mon-Sat
9am-6pm
Sun

**Roger Carter
Community Ctr**
3000 Milltowne Dr
Ellicott City 21043
6am-10pm
Mon-Friday
7am-10pm
Sat
7am-9pm
Sun

50+ Fitness Center

Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	4:30 - 5:15 pm	5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning		Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga	Pilates	All in One	
Wednesday	All in One	Zumba Gold Toning		Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga		<i>All classes on this schedule are a part of the Exercise Quarterly Pass = \$125</i>	
Friday	Power	All in One			

The **Group Exercise Quarterly Pass** (\$125 for 3 months of classes) allows you to participate in any or all of the 16 designated exercise classes listed on the table above. A detailed description of each class is provided on the next page. For questions about pass classes or if you need additional information, a staff member at the front desk will be happy to help you.

A one hour work-out is 4% of your day. No excuses.

Group Exercise Class Descriptions

All in One - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

Gentle Yoga - A perfect class for those looking to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion.

Pilates - Class focuses on centering the body and drawing from the "powerhouse" of the core. Using precise movement and specific breathing, you can achieve total body strength and toning. This class is predominantly done on the floor and a mat is required.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

Zumba Gold Toning - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies. Sticks available for purchase through instructor.

50+ Fitness Center

Fitness Equipment Room Schedule

Day	Available Time	Notes
Monday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled
Tuesday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled
Wednesday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled
Thursday	Open: 8:30 am-4 pm	Equipment Orientation as scheduled
Friday	Open: 8:30 am-4 pm	Equipment Orientation as scheduled

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free with prior sign-up at the Fitness Center front desk.

Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated by all.

Pay By Session Exercise Classes

***Most Pay by Session classes are held in the main building of the Center.
All classes are scheduled to run between 45 and 55 minutes in duration.***

Qi Gong

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

Friday

September 9 - November 18 9:30 am
10 classes for \$57 (A02406.101)
(No Class: 11/11)

NEW!

Functional Fitness

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance and muscle tone.

Friday

September 9 - December 9 11 am
12 classes for \$52 (A02425.101)
(No Class: 11/11, 11/25)

NEW!

Tighten and Tone

Looking to firm up some key muscles? Join us for a fun, full body toning class. Use lighter weights and resistance bands with higher repetitions to provide a total toning workout. Class is done both seated and standing.

Tuesday

September 6 - December 6 3:30 pm
13 classes for \$56 (A02424.101)

Payment for "Pay by Session" classes may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You may register yourself and one other individual. You can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration opened on
Friday, August 5, 2016
for the Fall Pay by Session
classes listed on pages 12 - 13.**

Pay by Session Exercise Classes

We encourage you to register early! Most classes fill quickly. Inquire at the front desk. In person registration begins with a lottery draw. Late arrivals receive higher draw.

Agewell Aerobics

***In partnership with
Howard County General Hospital***

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches.

This is the only Pay by Session class held in the 50+ Fitness Center.

Monday & Wednesday

September 7 - December 7 11 am
25 classes for \$67 (A02400.101)
(No class: 9/12, 10/10)

Tuesday & Thursday

September 6 - December 8 11 am
26 classes for \$69 (A02401.101)
(No class: 9/13, 11/24)

Agewell Seated Aerobics

***In partnership with
Howard County General Hospital***

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance. A great choice for those looking for a workout from a seated perspective.

Tuesday & Thursday

September 6 - December 8 12:30 pm
27 classes for \$72 (A02403.101)
(No class: 11/24)

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper techniques for exercising within your limitations will be taught so you can attain better fitness.

Tuesday & Thursday

September 6 - December 8 1:30 pm
27 classes for \$114 (A02404.101)
(No class: 11/24)

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program to ensure viability. Those participants under age 60 pay the fee listed below. A pre-screen is required before registering. Call Jen Lee at **410-313-5940**.

Monday & Wednesday

September 7 - December 7 12:30 pm
24 classes for \$76 (A02413.101)
(No class: 10/10, 10/31, 12/5)

Balance "4" All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

Monday & Wednesday

September 7 - December 7 1:30 pm
24 classes for \$102 (A02405.101)
(No class: 10/10, 10/31, 12/5)

Tuesday & Thursday

September 6 - December 8 2:30 pm
27 classes for \$114 (A02405.102)
(No class: 11/24)

T'ai Chi Chih

Experience a moving meditation practice to help enhance your health and peace of mind. Class involves specific stand alone movements that are slow and gentle to help balance "chi" energy in the body. (Late enrollment not advisable)

Wednesday

September 7 - December 7 3:30 pm
13 classes for \$72 (A02429.101)
(No class: 11/23)

Daily Schedule

MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, Zumba Gold Tone) \$	Fitness Center
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games	Activity
11 - 11:45 am	Agewell Aerobics (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis (no Table Tennis September 12)	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Beginner Line Dancing (Mondays) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center

TUESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 am - 12 noon	Chess Club	Conference
11 - 11:45 am	Agewell Aerobics (Tues/Thur) \$	Fitness Center
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	Agewell Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise
3:30 - 4:15 pm	Tighten and Tone Class \$	Exercise
4:30 & 5:30 pm	Exercise Pass Classes (Pilates, All in One) \$	Fitness Center

WEDNESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (All in One, Zumba Gold Tone) \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

(Room assignments may change at times to accommodate the needs of other events/programs.)

Daily Schedule

WEDNESDAY (continued)

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
11 - 11:45 am	Agewell Aerobics Class (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
3:30 - 4:30 pm	T'ai Chi Chih \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$ (Zumba Gold, Gentle Yoga)	Fitness Center

THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10 - 11:45 am	Seniors Together Men's Forum	Activity
11 - 11:45 am	Agewell Aerobics Class (Tues/Thur) \$	Fitness Center
12:30 - 1:15 pm	Agewell Seated Aerobics Class (Tues/Thur) \$	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials for Arthritis (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance 4 All (Tues/Thur) \$	Exercise

FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, All in One) \$	Fitness Center
11 - 11:45 am	Functional Fitness Class \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

(Room assignments may change at times to accommodate the needs of other events/programs.)

Special Events & Notices

Painting Together Annual Art Reception

Thursday, October 20
4:30-7 pm



You are invited to view an exhibition of fine art as we pay tribute to the amazing talents of our Painting Together

Group. The members of the group, along with a fine collection of their works, will be on hand for this annual event. Join us!

A Fond Farewell to Jeannie & Alyson

The Center staff sends its best wishes to **Jeannie DeCray** who has done a phenomenal job teaching various exercise classes, providing equipment orientations and Fitness Center front desk help. She has recently accepted a full time position with the Office on Aging and Independence in the Health and Wellness Division. She will be missed immensely by members and staff alike.

The Plus Program has bid adieu to **Alyson Olmstead**. Alyson had been with the Ellicott City Plus program for 3 years and accepted a full time position as a Coordinator at Riderwood Retirement Community. Plus members and staff will miss her smile and friendly nature.

Craft vendors...

Book now for the

**4th
Holiday
Craft**

**Boutique
Wednesday,
November 30
10 am to 5 pm**

To secure a table at this popular Boutique, call Vicki at **410-313-1421**.

★ TECHNOLOGY ★ INFORMATION ★ ENTERTAINMENT ★

50 PLUS EXPO

Howard County Office on
Aging and Independence

\$1 ADMISSION
\$5 CAPITOL STEPS*
2 SHOWS: NOON AND 2:00

All Admission and Show Proceeds Benefit the Vivian Reid Community Fund for Older Adults
* suggested donation

COURTESY SHUTTLE from The Mall in Columbia
Only accessible parking on-site at Wilde Lake HS

**MONDAY
OCTOBER 31
9:00 AM - 4:00 PM**

Wilde Lake High School, 5460 Trumpeter Road, Columbia 21044

EVENT HIGHLIGHTS

- 10:00 a.m. feature presentation:
AARP's Tracking Wellness with Technology
featuring Digital Strategy Advisor, Michael Lee
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging



Adjusted Center Hours

Monday, September 5
Monday, October 10
Monday, October 31

CLOSED (Labor Day)
CLOSED (Columbus Day)
Main Building **CLOSED** (50+ Expo)
50+ Fitness Center **OPEN**

SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
* MILK SERVED AT EVERY MEAL			1 <u>SUPER BOX LUNCH</u> Italian Cold Cuts on Potato Roll Red Skin Potato Salad Health Salad Pear Cranberry Crumble Apple Juice	2 <u>BOX LUNCH</u> Lemon Chicken Breast Cuke & Onion Salad Crunchy Snack Potato Roll Sliced Pears Apple Juice
5 LABOR DAY HOLIDAY CENTER CLOSED  Labor Day	6 <u>DELI LUNCH</u> Ham & Swiss on Kaiser Roll Crunchy Snack Pepper Cabbage Sliced Pears Grape Juice	7 Sloppy Joe on Sandwich Bun Split Pea Soup Spring Salad Orange	8 <u>SUPER BOX LUNCH</u> Chunky Chicken Salad on Kaiser Roll Mediterranean Salad Coleslaw Crunchy Snack English Trifle Pineapple Juice	9 <u>BLUE PLATE SPECIAL</u> Royal Farms World Famous Fried Chicken w/ Fresh Baked Biscuit Coleslaw Dessert \$6 due at Sign-up
12 Baked Ham w/ Pineapple Sauce 3-Bean Salad Macaroni Salad White Wheat Bread Orange	13 Knockwurst on Roll Baked Beans Coleslaw Fresh Fruit Apple Juice	14 <u>BOX LUNCH</u> Sliced Turkey on Wheat Bread Spiced Beets Crunchy Snack Mandarin Oranges Pineapple Juice	15 BBQ Chicken Coleslaw Potato Salad Oriental Blend Split Top Roll Fresh Fruit	16 <u>DELI LUNCH</u> Ham & Cheese on Potato Roll Dixie Slaw Crunchy Snack Mixed Fruit Cup Pineapple Juice
19 <u>DELI LUNCH</u> Cold Cuts & American Cheese on Kaiser Roll Cukes & Tomatoes Crunchy Snack Sliced Peaches Orange Juice	20 <u>SUPER SPECIAL</u> Grilled Herbed Chicken Breast Creamed Corn Sautéed Spinach Green Salad Fruit Yogurt Garlic Bread	21 Tuna Salad on Wheat Bread Vegetable Soup Dixie Slaw Crunchy Snack Fresh Fruit	22 Italian Meatballs on Sub Roll Minestrone California Blend Pears	23 <u>PIZZA DAY</u>  Sign Up at Front Desk \$5
26 <u>BOX LUNCH</u> Chicken Salad on Wheat Bread Pickled Beets Cinnamon Applesauce Crunchy Snack Orange Juice	27 Turkey w/Gravy Mashed Potatoes Green Beans White Wheat Bread Fresh Fruit Grape Juice	28 Beef Teriyaki over Rice Mixed Greens Salad Broccoli Split Top Roll Mandarin Oranges	29 <u>SUPER BOX LUNCH</u> Italian Cold Cuts on Potato Roll Red Skin Potato Salad Health Salad Pear Cranberry Crumble Apple Juice	30 Mediterranean Style Baked Trout Roasted Potatoes Scandinavian Veggies White Wheat Bread Mixed Fruit Cup Grape Juice

Fall Farmers' Market Super Vegetables

September 2016
Menu Notes

Just because summer is coming to an end, it does not mean that you have to stop going to the farmers market. The fall brings lots of great vegetable options with the cooler weather! Root vegetables are one of the great choices that many people don't think about. Root vegetables grow downward into the ground. You are probably already familiar with some common root veggies such as potatoes, onions, sweet potatoes and carrots, but there are other great choices such as rutabagas, turnips, parsnips and beets. All root vegetables are low in calories and good sources of fiber. They can be prepared a variety of ways.



Parsnips look like white carrots and are very nutritious. They are high in potassium, a good source of folate and contain vitamins A and C, plus some calcium and iron!

Beets are an excellent source of folate and vitamins A and C. You may know that you can also eat the leafy greens for additional calcium, iron and even more vitamins.



Turnips look like giant radishes with a cabbage like flavor. Rutabagas are larger than turnips and have yellow skin and flesh. Both rutabagas and turnips are good sources of vitamins A and C. The leafy greens on turnips can also be cooked for an added nutrient rich bonus (vitamins A & C), but rutabaga greens are not typically eaten. Besides being root vegetables, turnips and rutabagas are in the cruciferous (cabbage) family. These veggies also contain important plant substances called phytochemicals, which can help protect against cancer.

After bringing home these superstars from the market, store beets, parsnips, turnips and rutabagas in the vegetable crisper of the refrigerator. It's best to remove the greens first. Always scrub all root veggies with a brush and plenty of water before eating them.

Root veggies are very versatile and may be roasted, boiled, braised or steamed. They can be served hot, cold, raw, cooked, pickled or plain. You can use tender beets and parsnips grated in salads; turnips and rutabagas can be used like potatoes.

